

Adult Special Interest Classes

Stop Smoking

(Ages: 16 to Adult) This time you are going to quit smoking for good! Nancie Harris, a registered hypnotist for behavior modification, will help you quit without withdrawal symptoms, chemicals or medication, using relaxation and behavior modification techniques. Hypnosis, although NOT a magic potion, is one way to help you keep an even keel, put yourself first, and quit smoking for good. Why not give it a try? Class size is limited.

2460.302 M, 21-Jun to 21-Jun 7:00 PM - 9:00 PM
2460.304 M, 19-Jul to 19-Jul 7:00 PM - 9:00 PM
2460.402 M, 23-Aug to 23-Aug 7:00 PM - 9:00 PM
2460.403 M, 13-Sep to 13-Sep 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$35 City, \$40 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Herbal Health Program - One Size Fits All!

(Ages: 18 to Adult) Although we are all biochemically unique and not everything works for everybody, there are basic herbs and nutritional supplements that almost everyone needs. This class supplies interesting information that will benefit and maintain a basic all over herbal health program for anyone needing vitality & a more balanced well being by offering inexpensive, helpful grocery store hints on building & maintaining better health naturally.

4682.444 Sa, 29-May 10:30 AM - 12:00 PM
4682.442 Tu, 3-Aug 6:30 PM - 8:00 PM
4682.443 Tu, 22-Jun 6:30 PM - 8:00 PM
Keep it Green Instructor: Cassidy-Farrell, JoAnna
\$20 City, Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Ear Candling & Neti Pot!

(Ages: 18 to Adult) Let Nature be your HMO! This class offers an education on why you suffer with allergies, sinus problems, and the link to our diet and intestinal tract that creates this miserable state of illness. Info provided on beneficial herbs for sinus support along with an old Egyptian art demonstration of ear candling and Neti Pot use for each student. This natural approach will show immediate results!

4682.452 Sa, 19-Jun 10:30 AM - 12:00 PM
4682.453 Tu, 27-Jul 6:00 PM - 8:30 PM
Keep it Green Instructor: Cassidy-Farrell, JoAnna
\$20 City, Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Keep It Green

JoAnna Cassidy-Farrell is a Master Herbalist and Certified Natural Health Care Professional dedicated to educating the public on better health.

Classes will be held at the Keep It Green Herbal Remedies - 609 Jett St. Fredericksburg, VA 22405
Please call 540-361-1416 for questions or directions.

Herbal Detox

(Ages: 18 to Adult) Detoxification takes place on many levels in the body. In this class you will learn how to detox your body naturally with a safe herbal program. The information provided will educate the public's exposure to everyday poisons and address inexpensive ways to rid your body of the unwanted overload of toxins such as yeast, heavy metals, excessive medications, food pesticides, and other environmental toxins.

4682.408 Tu, 25-May 6:30 PM - 8:00 PM
4682.451 Sa, 12-Jun 10:30 AM - 12:00 PM
4682.450 Tu, 13-Jul 6:30 PM - 8:00 PM
Keep it Green Instructor: Cassidy-Farrell, JoAnna
\$20 City, Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Herbal Kitchen - First Aid

(Ages: 16 to Adult) Spices to the rescue! Come learn about the remedies found in your spice rack that may be used to create a good medicine chest/first aid kit. This class will show you appropriate preparations on how to use popular spices in your kitchen for healing. GREAT FOR MOM!

4682.400 Sa, 15-May 10:00 AM - 12:00 PM
4682.401 Sa, 7-Aug 10:00 AM - 12:00 AM
Keep it Green Instructor: Cassidy-Farrell, JoAnna
\$20 City, Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Alkalize & Achieve a Balanced PH !

(Ages: 14 to Adult) Learn how illness and disease are directly linked to the over acidity in the body system. The tools and information provided help attendees evaluate their alkaline/acid situation and determine a course of correction with herbs and nutritional supplements to achieve a PH balance for better health.

4682.402 Tu, 8-Jun 6:30 PM - 8:00 PM
4682.403 Tu, 17-Aug 6:30 PM - 8:00 PM
4682.430 Sa, 24-Jul 10:30 AM - 12:00 PM
Keep it Green Instructor: Cassidy-Farrell, JoAnna
\$20 City, Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Organic Gardening Class

(Ages: 14 to Adult) This class offers a mix of quick fixes that a person may do to keep down on weeding time, fertilize naturally and make your own natural pesticides along with an introduction to some garden tools that make your work quick and efficient.

4682.404 Sa, 8-May 10:00 AM - 11:30 AM
4682.405 Sa, 22-May 10:00 AM - 11:30 AM
Keep it Green Instructor: Cassidy-Farrell, JoAnna
\$20 City, Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Adult Special Interest Classes

Heartsaver First Aid Certification

(Ages: 14 to Adult) This course will cover the basics of First Aid for adult, children and infants. Take one day and be prepared to take care of your family and friends in an emergency. Upon completion of the written test you will receive certification for this class. *Optional books may be purchased for \$15.

2110.500	F, 4-Jun	9:00 AM - 2:00 PM
2110.505	Th, 24-Jun	9:00 AM - 2:00 PM
2110.508	Th, 29-Jul	9:00 AM - 2:00 PM
2110.511	Th, 5-Aug	9:00 AM - 2:00 PM
2110.513	M, 16-Aug	9:00 AM - 2:00 PM
2110.514	F, 27-Aug	9:00 AM - 2:00 PM

Community Center Instructor: Carpenter, Tim
\$35 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

CPR/AED Certification

(Ages: 14 to Adult) Would you be able to help someone you love if they needed CPR? Don't wait until it's too late to find out! Get the skills you will need to provide basic care for breathing and cardiac emergencies, and perform CPR until advanced medical personnel arrive. You will also be trained to use an Automated External Defibrillator (AED).

2110.438	Th, 13-May	9:00 AM - 2:00 PM
2110.432	Th, 3-Jun	9:00 AM - 2:00 PM
2110.430	F, 18-Jun	9:00 AM - 2:00 PM
2110.433	M, 28-Jun	9:00 AM - 2:00 PM
2110.434	Tu, 6-Jul	9:00 AM - 2:00 PM
2110.435	F, 23-Jul	9:00 AM - 2:00 PM
2110.436	F, 6-Aug	9:00 AM - 2:00 PM
2110.437	F, 20-Aug	9:00 AM - 2:00 PM

Community Center Instructor: Carpenter, Tim
\$35 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Recording, Producing, & Marketing your CD

(Ages: 14 to Adult) An overview of current trends in digital audio recording, mastering, CD duplication and marketing your finished product to iTunes. Learn what it takes to record, mix and produce your own CD - or whether to leave it to the experts. If you've ever wanted to "get your music out there", this is the class to take! **Prerequisites:** fluency in computer applications, browsers, and surfing the net, and a good pair of ears! /// Mark Torgeson has composed and produced over 30 albums of music and has received international airplay on radio and internet radio. He has a degree in music, has performed coast to coast in solo, band and orchestral ensembles & his music is on iTunes, Amazon.com, & more!

7700.100	M, 14-Jun to 12-Jul	6:00 PM - 9:00 PM
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Community Center Instructor: Torgeson, Mark
\$300 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Heartsaver CPR & First Aid Certification

(Ages: 14 to Adult) This course includes First Aid and CPR with AED instruction and is specifically designed for those who have a duty to respond to a first aid or cardiac emergency because of job responsibilities or regulatory requirements. Also appropriate for the average citizen who wants to be prepared in an emergency. Optional book may be purchased for \$15.00. Bring a bag lunch.

2110.503	Tu, 11-May	9:00 AM - 4:00 PM
2110.306	Tu, 1-Jun	9:00 AM - 4:00 PM
2110.512	Th, 17-Jun	9:00 AM - 4:00 PM
2110.510	Th, 1-Jul	9:00 AM - 4:00 PM
2110.520	W, 14-Jul	9:00 AM - 4:00 PM
2110.521	M, 26-Jul	9:00 AM - 4:00 PM
2110.522	Tu, 3-Aug	9:00 AM - 4:00 PM
2110.523	Th, 19-Aug	9:00 AM - 4:00 PM
2110.524	Tu, 31-Aug	9:00 AM - 4:00 PM

Community Center Instructor: Carpenter, Tim
\$45 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Heartsaver Pediatric First Aid Certification

(Ages: 14 to Adult) Learn how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include First Aid basics, medical emergencies, Injury emergencies, Environmental emergencies, and other first aid topics. Bring a bag lunch.

2110.504	Tu, 8-Jun	9:00 AM - 4:00 PM
2110.507	M, 19-Jul	9:00 AM - 4:00 PM
2110.527	M, 9-Aug	9:00 AM - 4:00 PM

Community Center Instructor: Carpenter, Tim
\$40 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Sound Healing!

(Ages: 14 to Adult) Do you have natural healing abilities and would like to incorporate Sound Healing into your repertoire of skills? Using Tibetan bowls, tingshas, drums, tuning forks and crystal bowls, find ways to bypass the mind & effectively transport others into transformative states. We will discuss the building blocks of sound, basic techniques for using nontraditional instruments, and hands-on manners of working with the human energy system. **Prerequisite:** ability to focus energy, use your imagination, and have fun using Sound! /// Mark Torgeson is a pianist, composer and healer whose music has aired to internationally audiences. He earned his B.A. in music, spent twelve years as a counselor and music teacher, then eighteen years in the energetic healing and bodywork field. Mark is a nationally certified NTCMB and AMTA member.

7700.100	Tu, 15-Jun to 3-Aug	6:00 PM - 8:00 PM
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Community Center Instructor: Torgeson, Mark
\$160 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Adult Special Interest Classes

Pet Portraits

(Ages: 13 to Adult) Join the fun as we help you create a beautiful painted pet portrait. A pet portrait is an exciting way to express your love for a beloved companion, or to cherish the memory of one that is no longer with you. Additionally, it can make a great gift for a friend! You need to bring three or four pictures of your pet, and bring the materials you want to work in. Also you will need a 9 x 12 canvas or longer.

4311.502 M, 14-Jun 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$35 City, Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Basic Dog Manners

(Ages: 16 to Adult) Using positive reinforcement methods based on current learning theory and behavior modification techniques, we will teach YOU to teach the dog to respond to the clicker and your commands of : Come, Sit (& Stay) Down (& Stay) and Heel. Dogs attend ALL five classes. Students will receive a copy of Sarah's award winning book Devoted to Dogs: How To Be Your Dog's Best Friend" with written homework and dog behavior discussions. We will have a festive graduation with prizes and photo opportunities. Please request a supply list and class orientation sheet when you register. Classes are small - register early!

4311.421 W, 26-May to 23-Jun 2:30 PM - 3:30 PM
4311.411 W, 26-May to 23-Jun 7:30 PM - 8:30 PM
Community Center Instructor: Ferrell, Sarah
\$89 City, \$99 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City



Sarah Ferrell...

is a writer, portrait photographer, pet dog manners teacher, and canine behavior consultant. Sarah has taught obedience classes in the United States and Belgium and has owned Dog Manners Behavior and Obedience for over 20 years.

ASHI Pet First Aid

(Ages: 14 to Adult) Will you know what to do when your pet needs help? Your pet depends on you for his or her well-being. Our Pet First Aid course teaches emergency care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Among the things you will learn are; How to approach a sick or injured animal; administering medications; recognizing an emergency; performing CPR and first aid; treating common problems and emergencies requiring immediate attention; and what to stock in a pet first aid kit.

4814.410 M, 3-May 9:00 AM - 2:00 PM
4814.411 M, 14-Jun 9:00 AM - 2:00 PM
4814.121 M, 12-Jul 9:00 AM - 2:00 PM
4814.130 Tu, 24-Aug 9:00 AM - 2:00 PM
Community Center Instructor: Carpenter, Tim
\$35 City, \$40 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Advanced Dog Manners Obedience Class

(Ages: 16 to Adult) In response to graduates of our Basic classes, we offer an advanced skills class for dogs who want to go a bit further in their good manners mastery. We will work hard on longer sit and down stays; calm, leisurely loose lead walking; and fast, enthusiastic "Come!" when called. Dogs will learn to do their work, on request, even with distractions like strangers knocking on the door, humans jogging while they concentrate on sit or down, watching their humans even when tantalizing dog fun activity unfolds around them. This is a daytime class. Small group, so register early, please.

4311.405 W, 26-May to 23-Jun 1:00 PM - 2:00 PM
Community Center Instructor: Ferrell, Sarah
\$89 City, \$99 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

**All Dog Classes held at the
Community Center**

Notes for Pet Classes

Dogs of all ages and sizes are welcome, but the dog must be at least 14 weeks old and have had at least 2 of 4 puppy vaccinations. Participants in all classes must show current veterinary vaccination at first day/night's orientation.

Adult Special Interest Classes



Watercolor I

(Ages: 16 to Adult) Get to know the artist within you. Learn the basics of this beautiful medium with artist Nancie Harris. Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on 4 pieces throughout the course. Pick up a supply list when you register.

4031.305	Tu, 8-Jun to 29-Jun	10:00 AM - 12:00 PM
4031.306	Tu, 10-Aug to 31-Aug	10:00 AM - 12:00 PM
4031.318	Tu, 8-Jun to 29-Jun	7:00 PM - 9:00 PM
4031.320	Tu, 10-Aug to 31-Aug	7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Watercolor II

(Ages: 16 to Adult) For those of you who have taken Nancie's Watercolor I class or have some watercolor experience. We will expand your watercolor techniques and explore new ways to handle the medium. There will be three new techniques wet on wet, collage work, another card. Come ready to paint!

4033.417	Tu, 6-Jul to 27-Jul	10:00 AM - 12:00 PM
4033.315	Tu, 6-Jul to 27-Jul	7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Working with Acrylics

(Ages: 16 to Adult) Just for you budding artists! You will learn about mixing paints, drawing, preparing paint surfaces and basic techniques. Whether you are just beginning or have some experience with acrylics and oil paintings, Ed will work with you to inspire your creativity. A supply list will be on your receipt when you register. No experience necessary, just come ready to paint. Look for Ed's classes in our coming fall brochure too!

4035.231	Th, 13-May to 3-Jun	10:00 AM - 12:00 PM
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Community Center Instructor: King, Ed
\$40 City, \$54 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Acrylics I

(Ages: 16 to Adult) This easy, portable art will offer even beginning artists a chance to express themselves with paint. We'll look at basic acrylic techniques, try an acrylic collage, a wash, and even a still life. Make this the year you try something new and creative acrylics. Pick up a supply list when you register. No experience necessary.

4035.409	W, 9-Jun to 30-Jun	10:00 AM - 12:00 PM
4035.308	W, 9-Jun to 30-Jun	7:00 PM - 9:00 PM
4035.411	W, 11-Aug to 1-Sep	10:00 AM - 12:00 PM
4035.410	W, 11-Aug to 1-Sep	7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Acrylics II

(Ages: 16 to Adult) For those of you who have some experience working with acrylic paints or have taken Nancie's first session. This class will help you continue to explore your creativity and ability to work in this wonderfully portable and easy art form. Each student will continue to work at his/her pace to complete different projects. Pick up a supply list when you register.

4035.416	W, 7-Jul to 28-Jul	10:00 AM - 12:00 PM
4035.401	W, 7-Jul to 28-Jul	7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Drawing I

(Ages: 16 to Adult) Always wanted to draw, but never took the time? Come to Nancie's class to learn a new talent or expand your skills. Learn the basics of 3-D drawing. Supply list prints on your receipt.

4012.310	Th, 10-Jun to 1-Jul	10:00 AM - 12:00 PM
4012.402	Th, 5-Aug to 26-Aug	10:00 AM - 12:00 PM
4012.315	Th, 10-Jun to 1-Jul	7:00 PM - 9:00 PM
4012.415	Th, 5-Aug to 26-Aug	7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Drawing II

(Ages: 16 to Adult) For those of you who have completed Drawing I or have drawing experience. We'll improve your techniques and learn more secrets to making a drawing come to life. We will also incorporate ink into our drawings. Come ready to draw! Supply list prints on your receipt.

4012.500	Th, 8-Jul to 29-Jul	10:00 AM - 12:00 PM
4012.417	Th, 8-Jul to 29-Jul	7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Adult Special Interest Classes

RAD for Women

(Ages: 16 to Adult) In a bad situation, would you know what to do? This important hands-on program, brought to us by the Fredericksburg Police Department, will give you some safety tips and teach you valuable defense tactics to use should you ever be attacked. You'll learn how and where to kick and hit, and when and what to yell. Gain self-confidence and feel safer knowing that you know how to protect yourself should danger arise.

2511.204 Tu, 1-Jun to 22-Jun 7:00 PM - 9:00 PM
Fredericksburg Police Department
Instructor: Lt. Sheila Jones
\$12 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Conversational Italian Beginner

(Ages: 16 to Adult) Come immerse yourself in one of the most romantic languages in the world. Conversational Italian is for teens and adults. It is a classroom environment where the instructor will familiarize the class with basic words and phrases in Italian. Learn the basic skills to converse with an Italian speaker. Look for our Italian II class in the fall brochure (October 6 - November 17).

4490.401 W, 5-May to 16-Jun 6:30 PM - 7:30 PM
4490.420 Th, 6-May to 17-Jun 10:30 AM - 11:30 AM
4490.402 W, 11-Aug to 22-Sep 6:30 PM - 7:30 PM
Community Center Instructor: Toole, Lucia
\$60 City, \$65 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Conversational Italian Intermediate

(Ages: 16 to Adult) Build on the skills you learned in Part I. The instructor teaches an expanded set of skills to those that have acquired a basic knowledge of Italian through completion of conversational Italian I. This is ideal for those who are planning a trip to Italy.

4490.210 W, 23-Jun to 4-Aug 6:30 PM - 7:30 PM
4490.421 Th, 24-Jun to 5-Aug 10:30 AM - 11:30 AM
Community Center Instructor: Toole, Lucia
\$60 City, \$65 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Conversational Italian Advanced

(Ages: 15 to Adult) For the advance student who completed Italian II or with instructors permission.

4490.211 W, 11-Aug to 22-Sep 5:30 PM - 6:30 PM
Community Center Instructor: Toole, Lucia
\$60 City, \$65 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Beginning Farsi

(Ages: 17 to Adult) Come and learn one of the oldest and poetic languages in the world, Persian Farsi. It is the language that in the 15th Century, the Turkish royal courts chose to use instead of Turkish because they found it more elegant. This course teaches elementary grammar and speaking skills, with no experience necessary. More focused on conversation; the alphabet will not be taught.

4490.301 M, 31-May to 12-Jul 6:00 PM - 8:00 PM
Community Center Instructor: Kassock, Zeke
\$60 City, \$65 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Intermediate Farsi

(Ages: 16 to Adult) Continue learning Persian Farsi. This course is for those who have learned basic grammar, but have not yet learned reading/writing skills. It is designed to build upon skills learned in our beginners class.

4490.330 M, 19-Jul to 30-Aug 6:00 PM - 8:00 PM
Community Center Instructor: Kassock, Zeke
\$60 City, \$65 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Learn to Play Guitar

(Ages: 7 to Adult) Learn to play the guitar in a fun, enthusiastic, custom tailored setting. Whether an absolute beginner, or accomplished player looking to broaden your skills, guitar class will focus on the fundamentals and basics of playing, from hand development, technique, basic theory and beyond. Styles offered in a wide variety from blues to bluegrass, country, folk and classical. Students must provide own guitar (preferably acoustic) though electric guitars are welcome & must bring some variety of SMALL practice amp.

6600.100 Tu W, 11-May to 19-May 12:00 PM - 1:00 PM
6600.103 Tu W, 11-May to 19-May 1:30 PM - 2:30 PM
6600.101 Tu W, 25-May to 2-Jun 12:00 PM - 1:00 PM
6600.104 Tu W, 25-May to 2-Jun 1:30 PM - 2:30 PM
6600.102 Tu W, 8-Jun to 16-Jun 12:00 PM - 1:00 PM
6600.105 Tu W, 8-Jun to 16-Jun 1:30 PM - 2:30 PM
6600.106 Tu W, 22-Jun to 30-Jun 1:00 PM - 2:00 PM
6600.107 Tu W, 22-Jun to 30-Jun 1:30 PM - 2:30 PM
6600.109 Tu W, 6-Jul to 14-Jul 1:00 PM - 2:00 PM
6600.108 Tu W, 6-Jul to 14-Jul 1:30 PM - 2:30 PM
Community Center Instructor: Pacetti, Sam
\$70 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City
